

AC 9699  
County of Sutherland.

INSTITUTE OF SOCIAL  
MEDICINE

10, MARKET  
OXFORD

144/3/1  
1096

# Annual Report

—on the—

Health, Vital Statistics and Sanitary  
Conditions of the County . . . . .  
(including the Burgh of Dornoch)  
For the Year Ending . . . . .  
31st DECEMBER, 1949.

—and on—

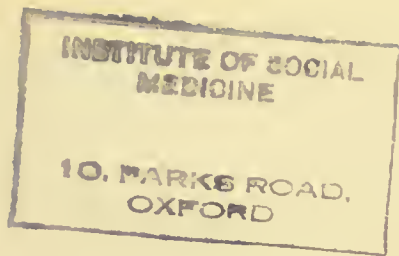
School Health Administration  
. . . . . For the Year Ending  
31st JULY, 1949.

By K. A. Macrae, M.B., Ch.B., D.P.H.  
Medical Officer of Health

Printed at . . . . .

The St. Duthus Press  
Castle Brae - - Tain





Public Health Office,  
Bonar-Bridge.  
30th April, 1950.

To

The Department of Health for Scotland  
and  
The Local Authority, County of Sutherland.

**ANNUAL REPORT BY MEDICAL OFFICER OF HEALTH**

Gentlemen,

I have the honour to submit my Annual Report on the Health Services and Vital Statistics of the County of Sutherland for the year ended 31st December, 1949.

I have the honour to be,  
Gentlemen,

Your obedient Servant,

K. A. MACRAE,  
Medical Officer of Health.

## LIST OF STAFF

### Medical Officer of Health:

K. A. MACRAE, J.P., M.B., Ch.B., D.P.H.

### County Dental Officer:

C. C. FORSYTH, L.R.C.S., L.D.S.

Oculist to Education Authority (Part Time):

ELIZABETH LINDSAY, M.B., Ch.B., D.P.H.

### Superintending Nursing Officer:

Miss B. T. GILMOUR.

### District Nursing Sisters:

Name	District
Mrs. KENNEDY	LOCHINVER
Mrs. MACLEOD	STOER
Miss MACKAY	KINLOCHBERVIE
Mrs. CAMPBELL	DURNESS
Miss COWIE	TONGUE
Miss POLLOCK	BETTYHILL
Mrs. CAMPBELL.	MELVICH
Mrs. MACLEOD	HELMSDALE
Miss GILCHRIST	BRORA
Miss MUNRO	GOLSPIE
Miss SUTHERLAND	ROGART
Miss NICOLSON	LAIRG
Miss ROSS	DORNOCH
Miss VASS	BONAR BRIDGE
Miss GRAHAM	Relief Duty

### PUBLIC HEALTH STAFF

#### County Sanitary Inspector:

E. W. BRANNEN, L.R.I.B.A., M.R.San.I.

#### Assistant Sanitary Inspector:

H. STEELE, M.R.S.A.S.

### SOCIAL WELFARE

#### Chief Officer:

D. J. MACKAY, Bonar Bridge.

#### District Officers:

H. W. MACKAY, Lochinver

C. B. MACKAY, Scourie

A. C. MACKAY, Strathy

J. LOUTTIT, Balligill (Asst.)

A. MACLEOD, Rogart

O. ARMSTRONG, Helmsdale

#### Children's Officer:

ALEXANDER SUTHERLAND, Brora.

**VITAL STATISTICS**  
**COUNTY DISTRICT**  
(Including Burgh of Dornoch)

**TABLE I.**

**POPULATION**

As estimated by General Registrar

1940	...	...	...	...	14,345
1941	...	...	...	...	14,100
1942	...	...	...	...	13,800
1943	...	...	...	...	13,458
1944	...	...	...	...	13,350
1945	...	...	...	...	13,352
1946	...	...	...	...	14,035
1947	...	...	...	...	14,443
1948	...	...	...	...	14,393
1949	...	...	...	...	14,420

**BIRTHS**

During the year the births of 228 children were credited to the County (166 being registered in the district, nil transferred out and 62 transferred in)

The following table shows the Birth Rates for the past ten years:—

**TABLE II.**

**BIRTH RATES**

1940	...	...	...	...	14.8
1941	...	...	...	...	18.0
1942	...	...	...	...	16.0
1943	...	...	...	...	17.6
1944	...	...	...	...	16.2
1945	...	...	...	...	12.5
1946	...	...	...	...	17.8
1947	...	...	...	...	17.7
1948	...	...	...	...	14.9
1949	...	...	...	...	15.8

Scotland 1949      ...      ...      ...      ...      18.5

Of the 228 births, 16 were illegitimate—7.0% of total.

**TABLE III.**

**MARRIAGES**

	Number.	Rate per 1000.
County	62	4.3
Scotland	—	8.1

**DEATHS**

During 1949, 224 persons died in the County. Seven deaths were transferred to other districts and 27 deaths which occurred outside the County were transferred in, making a total of 244. The resulting Death Rate was 16.9 of the estimated population.

**TABLE IV.**

**DEATH RATES**

1940	...	...	...	...	18.1
1941	...	...	...	...	19.1
1942	...	...	...	...	17.6
1943	...	...	...	...	19.1
1944	...	...	...	...	16.9
1945	...	...	...	...	17.5
1946	...	...	...	...	15.4
1947	...	...	...	...	17.0
1948	...	...	...	...	14.3
1949	...	...	...	...	16.9

Scotland 1949      ...      ...      ...      ...      12.3

Owing to the small population of the County the Death Rate as calculated fluctuates greatly from year to year, as is evident from the above table.

The Death Rate for the County is considerably greater than that for Scotland, but when adjusted for age and sex distribution it falls to 10.8 which is less than that for Scotland as a whole.

TABLE V.  
DEATHS IN EACH AGE GROUP

Age .....	-1	1-	5-	10-	15-	25-	35-	45-	55-	65-	75-	85 & over
Nnumber ...	1	2	—	1	4	8	10	13	22	64	81	38
Per Cent. ...	0.4	0.8	—	0.4	1.7	3.2	4.2	5.3	9.0	26.2	33.3	15.5

TABLE VI.  
CAUSES OF DEATH

Typhoid Fever (including Paratyphoid	...	...	...	—
Measles	...	...	...	—
Scarlet Fever	...	...	...	—
Whooping Cough	...	...	...	—
Diphtheria	...	...	...	—
Influenza	...	...	...	4
Cerebro-Spinal Fever	...	...	...	—
Other Epidemic Diseases	...	...	...	—
Tuberculosis of Respiratory System	...	...	...	7
Other Tuberculosis Diseases	...	...	...	1
Other Infectious and Parasitic Diseases	...	...	...	2
Cancer, Malignant Disease	...	...	...	32
Diabetes Mellitis	...	...	...	4
Other General Diseases: Chronic Poisonings	...	...	...	2
Cerebral Haemorrhage, etc.	...	...	...	34
Other Disease of Nervous System and Sense Organs	...	...	...	10
Heart Disease	...	...	...	77
Other Circulatory Disease	...	...	...	11
Bronchitis	...	...	...	5
Pneumonia (all forms)	...	...	...	4
Other Respiratory Diseases	...	...	...	3
Gastric and Duodenal Ulcer	...	...	...	2
Diarrhoea, etc., all ages	...	...	...	—
Appendicitis	...	...	...	—
Cirrhosis of Liver	...	...	...	1
Other Diseases of Liver, etc.	...	...	...	—
Other Digestive Diseases	...	...	...	2
Acute and Chronic Nephritis	...	...	...	7
Other Diseases of Genito-Urinary System	...	...	...	3
Puerperal Sepsis	...	...	...	—
Other Puerperal causes	...	...	...	1
Diseases of Skin and Locomotor System	...	...	...	—
Congenital Debility, Premature Birth, Malformations, etc.	...	...	...	1
Old Age	...	...	...	14
Suicide	...	...	...	—
Other Violence	...	...	...	8
Causes ill-defined or unknown	...	...	...	9

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244

#### INFANTILE MORTALITY

During 1949, 1 child under 1 year of age died in the County—an Infantile Mortality Rate of 4 per 1000 births.

The Infantile Mortality rates for the past ten years are shown in the following table:—

TABLE VII.  
INFANTILE MORTALITY

1940	...	...	...	36.0
1941	...	...	...	79.0
1942	...	...	...	30.0
1943	...	...	...	55.0
1944	...	...	...	51.0
1945	...	...	...	11.0
1946	...	...	...	20.0
1947	...	...	...	43.0
1948	...	...	...	51.0
1949	...	...	...	4.0

---

Scotland 1949      ...      ...      ...      41.0

In Sutherland the Infantile Mortality Rate has usually been low and this year it is the lowest ever recorded for the County and about one-tenth the Infantile Mortality Rate for Scotland as a whole.

Infantile death was due to the following causes:—

Premature Birth and Cogenital Debility ... .. 1

### TUBERCULOSIS

2 Males and 5 Females died from Pulmonary Tuberculosis during the year, giving a Phthisis Death Rate of 0.49 per 1000.

The Death Rate for this Disease for the last ten years is shown in Table VIII.

TABLE VIII  
PHTHISIS DEATH RATE

1940	...	...	...	...	0.77
1941	...	...	...	...	0.78
1942	...	...	...	...	0.65
1943	...	...	...	...	0.74
1944	...	...	...	...	0.22
1945	...	...	...	...	0.30
1946	...	...	...	...	0.70
1947	...	...	...	...	0.55
1948	...	...	...	...	0.14
1949	...	...	...	...	0.49
<hr/>					
Scotland 1949	...	...	...	...	0.59

The Phthisis death-rate for 1949 is, fortunately, low, but, as will be noted from the above table, there is considerable fluctuation in this death-rate on account of the small population from which the calculation is made. However, as will be seen in the section of the report dealing with tuberculosis the average for the decade, at 0.53, is less than half of what the average was in the decade ending 1928.

TABLE IX  
NON-PULMONARY T.B. DEATH RATE.

1940	...	...	...	...	0.07
1941	...	...	...	...	0.43
1942	...	...	...	...	0.07
1943	...	...	...	...	0.08
1944	...	...	...	...	0.08
1945	...	...	...	...	0.07
1946	...	...	...	...	0.29
1947	...	...	...	...	0.07
1948	...	...	...	...	0.07
1949	...	...	...	...	0.06
<hr/>					
Scotland 1949	...	...	...	...	0.08

### DEATHS FROM EPIDEMIC DISEASES.

Four deaths from Epidemic Diseases occurred in the County during the year giving a rate per thousand of population of 0.28.



## NATIONAL HEALTH SERVICE (SCOTLAND) ACT, 1947 LOCAL HEALTH AUTHORITY FUNCTIONS.

### 1. CARE OF MOTHERS AND YOUNG CHILDREN.

The main work done under this section was carried out by the Superintending Nursing Officer and District Nursing Sisters and the following table shows in detail the visits paid.

#### Home Visitation of Mothers and Young Children.

	Number of Infants under 1 year visited	Number of visits paid to Infants under 1 year	Number of Infants 1 to 5 years visited	Number of visits paid to Infants 1 to 5 years	Number of Expectant Mothers visited	Number of visits to Expect- tant Mothers
Lochinver ...	7	98	13	202	8	49
Eddrachilles ...	23	239	22	242	24	146
Stoer ...	3	44	2	100	4	46
Lairg ...	16	158	14	132	16	77
Melvich ...	9	127	16	219	8	42
Golspie ...	31	342	24	243	33	232
Bettyhill ...	15	166	8	143	17	100
Helmsdale ...	27	325	27	306	30	148
Brora ...	23	249	22	348	24	170
Rogart ...	9	64	6	108	8	50
Tongue ...	15	152	13	183	15	73
Dornoch & Embo	22	258	21	259	28	178
Creich ...	16	332	28	370	28	211
Durness ...	8	61	3	106	8	50
Headquarters	—	155	—	164	—	39
Total ...	224	2770	219	3125	251	1611

Additional welfare foods for expectant and nursing mothers and children in needful circumstances, along with clothing in some cases was provided through the British Red Cross Society.

Every endeavour has been made to place a priority dental service at the disposal of mothers and young children but the response in the first year as shown by Table I(3) has not been satisfactory. District Nursing Sisters have been instructed, however, to encourage all persons booking them for confinement to seek the advice of the Council's Dental Officer and the same applies so far as children under five on the health visiting lists are concerned. There has been full co-operation between the Council's Dental Officer and visiting Dentists undertaking service under the National Health Service Act, and although the figures of persons treated by the Council's Dental Officer were small they represent only a small proportion of the dental treatment carried out for this section of the community.

### 2. MIDWIFERY.

By the untiring efforts of the Superintending Nursing Officer the staffing of the various districts throughout the County was well maintained in spite of many difficulties.

Standing instructions to midwives for the conduct of cases were drawn up in consultation with the Local Executive Council and received the approval of the Local Health Authority. These have been circulated to all midwives and general practitioners in the County.

The training of midwives in gas and air analgesia has proceeded throughout the year whenever vacancies for training could be secured and it was found practicable to release a midwife to attend the course. At the end of 1949 there were seven midwives on the staff of the Local Health Authority trained and it is hoped that by the end of 1950 practically all midwives on the staff will be trained in this procedure and equipped with the necessary apparatus.

Maternity outfits were issued through the Public Health Office and the Superintending Nursing Officer to Doctors and midwives on request. No applications were received for the provision of beds or bedding.

### 3. HEALTH VISITING.

Health visiting by the Superintending Nursing Officer and District Nursing Sisters has continued throughout the year as described in my Report of 1948. Details of the work done are shown under individual sections of this Report.



#### 4. HOME NURSING.

The work under this section has continued as previously, being closely co-ordinated with the other health service arrangements of the Local Health Authority.

##### Home Nursing from 1-1-49 to 31-12-49.

District	General Cases.	General Nursing Visits.
Bettyhill ... ..	76	1163
Clyne ... ..	81	2123
Creich ... ..	58	1414
Dornoch ... ..	102	1959
Durness ... ..	17	492
Edrachilles ... ..	82	1092
Golspie ... ..	100	2496
Kildonan & Loth ... ..	73	2356
Lairg ... ..	53	986
Lochinver ... ..	107	1972
Melvich ... ..	66	1628
Rogart ... ..	56	1088
Tongue ... ..	69	1483
Stoer ... ..	130	2391
Headquarters ... ..	—	33
	<hr/> 1070	<hr/> 22,676

#### 5. DOMESTIC HELP.

The Sutherland County Council's Scheme of Domestic Help, along with Form of application and method of Assessment of Remission, where applicants apply for reduction in the full standard charge, was finally drafted by a meeting of the Nursing Service Sub-Committee on 27th June, 1949, and shortly afterwards approved by the County Council. On 4th August, 1949, the following notice was inserted in the "Northern Times":—

"The Sutherland County Council having approved a Scheme of **Domestic Help** under Section 28 (1) of the National Health Service (Scotland) Act, 1947, to provide assistance to householders when required because of illness in the house or confinement, now desire to compile a list of persons who would be willing to serve in this capacity, either part-time daily, or on a weekly basis.

"Particulars of wages and conditions of service may be obtained on application to the Medical Officer of Health, Public Health Office, Bonar Bridge."

To this only one reply was received and I was able to register a domestic help offering service in the Parish of Dornoch and part of Creich. However, in order to make the service known to householders and thinking that domestic helps might be forthcoming if the necessity arose in their district, I put a further notice in the "Northern Times" as follows:—

"A Scheme of **Domestic Help** under Section 28 (1) of the National Health Service (Scotland Act, 1947, to provide assistance to householders when required because of illness in the house or confinement, has now been approved by the Sutherland County Council.

"Applications for assistance under the Scheme must be made to the Medical Officer of Health, and it will rest with the Local Health Authority to decide whether, having regard to all the circumstances of each individual case, any particular request can be met provided a domestic help, willing to undertake the service under the Local Health Authority's Scheme, is available.

"Forms of application (with particulars of charges) can be obtained from the Medical Officer of Health, Public Health Office, Bonar Bridge, which must be completed before a domestic help can be provided."

The first application for services of a domestic help was received on 21st September, 1949, and being in the Parish of Dornoch, was fully dealt with. Since then five persons have registered as domestic helps, some, however, only to meet particular cases, and four applications from householders have been catered for. The cost to the Local Authority up to 31/12/49 has been £37 6s, and the amount recoverable from householders £17 15s 10½d.

In putting the Scheme into practice it has now become apparent that householders in the lower wage groups come off very well but when the householder's weekly wage reaches £6 10s to £7 the "standard charge," which is the full cost of the services to the Local Authority, is reached and this becomes no greater in the case of still larger wage earners, or householders who give no return of income.

This situation is to receive the consideration of the Local Health Authority with a view to amending the method of assessment of charges to meet more favourably the financial circumstances of householders in the middle income groups.

## 6. VACCINATION AND IMMUNISATION.

The facilities for vaccination and immunisation against diphtheria have continued to be provided by general practitioners throughout the County but unfortunately because of the fact that negotiations between Local Authorities Associations in Scotland and the British Medical Association, on vaccination and immunisation, had not been completed, medical practitioners declined to accept an interim payment of 2/6 for each report as recommended by the Department of Health and offered by the Local Authority. The result has been that only a small proportion of records of the work done by general practitioners up to the end of 1949 were transmitted to the Public Health Office.

The following tables show the records received which represent only a small proportion of the actual work which was carried out during 1949.

			Vaccination.			
Year of Birth			Number Primarily Vaccinated		Number Re-vaccinated	Complications
			Typical Vaccinia	Reaction greatest 2nd-3rd day	Typical Vaccinia	
1949	...	...	8	—	—	—
1948	...	...	14	—	—	—
1940	...	...	1	—	—	—
1934 or earlier	...	...	1	1	5	—
Totals			24	1	5	—

### Diphtheria Immunisation.

			1/1/49 to 31/12/49
Pre-School Children	...	...	76
School Children	...	...	10
Total			86

### Innoculation Against Other Diseases.

In 1948 the Local Health Authority added immunisation of children against whooping-cough combined with diphtheria immunisation to their proposed arrangements under this section of the Act and on request medical practitioners are provided with Diphtheria-Whooping Cough Prophylactic Vaccine on the same terms and conditions as for Diphtheria Prophylactic alone.

In addition the Local Health Authority have added to their original proposals B.C.G. vaccination for the prevention of tuberculosis as follows: "The Local Health Authority intend to provide for B.C.G. vaccination, by and at the instance of a physician with special knowledge and experience of tuberculosis, and under the administrative control of the Medical Officer of Health, as regards individual persons to whom it is judged to be medically expedient, subject to the necessary preliminary tests, to offer such vaccination in view of their known close contact with or susceptibility to tuberculosis infection. Records of B.C.G. vaccinations will be kept in such standard form as may be recommended by the Department of Health for Scotland, and information concerning these records will be supplied to the Department on request."

## 7. PREVENTION OF ILLNESS—CARE AND AFTERCARE.

## Tuberculosis.

The Council's arrangements continue as described in my Report of 1948.

Medical supervision is carried out by the Medical Officer of Health who is also District Tuberculosis Officer of the Regional Hospital Board, by patients' Family Doctors and by District Nursing Sisters.

The following table shows the work done by District Nursing Sisters acting as Health Visitors during the year.

## Tuberculosis Visiting and Nursing for Year 1949

District.	No. of Cases.	Advisory Visits.	Nursing Visits	Total.
Lochinver ... ..	4	69	23	92
Eddrachilles ... ..	11	133	7	140
Scourie ... ..	3	34	—	34
Laig ... ..	6	64	—	64
Melvich ... ..	10	119	62	181
Golspie ... ..	11	129	—	129
Bettyhill ... ..	6	81	19	100
Helmsdale ... ..	6	84	14	98
Brora ... ..	15	187	67	254
Rogart ... ..	8	84	—	84
Skerry & Tongue ... ..	14	155	—	155
Dornoch & Embo ... ..	9	129	6	135
Creich ... ..	4	47	—	47
Durness ... ..	4	47	—	47
Headquarters ... ..	—	402	—	402
Total ... ..	111	1764	198	1962

No applications were received during the year for the provision of beds and bedding but articles of clothing for needy patients have been supplied through the British Red Cross Medical Loan Depot as have also certain nursing requisites. Extra nourishment in the form of milk and Cod Liver Oil preparations have been issued to patients on home treatment.

Housing and proper isolation of open cases of tuberculosis under treatment at home often presents great difficulties and as mentioned in previous reports the use of garden shelters in many parts of the County is quite impracticable on account of the exposed nature of the sites and the lack of domestic assistance. The fact, however, that children living in an infected household can be boarded out is being kept in mind but unless they can be taken by relatives there is meantime no other accommodation available for them in the area and of course the consent of the parents has to be obtained before segregation of this sort can be undertaken.

## 8. MENTAL HEALTH SERVICE.

The following is a list of the Authorised Officers appointed under the Local Authority's arrangements for the care of mental defectives and persons of unsound mind.

District.	Authorised Officer.
Assynt ... ..	H. W. Mackay, Lochinver
Eddrachilles & Durness ... ..	G. B. Mackay, Scourie
Tongue & Farr ... ..	A. C. Mackay, Strathy
Kildonan, Loth, Clyne ... ..	Ormston Armstrong, Helmsdale
Golspie, Rogart, Laig ... ..	A. Macleod, Rogart
Dornoch & Creich ... ..	D. J. Mackay, Bonar Bridge

There is no change in the arrangements since my report of 1948 and lunacy cases requiring hospital care have ready access to Craig Dunain Mental Hospital, Inverness. There is, however, a great and pressing need for institutional accommodation for mental defectives in the whole of the northern region and this problem in my opinion can only be overcome by the joint efforts of the Northern Counties. There are at present young persons on the waiting list of special institutions in the south for upwards of five years without there appearing to be any hope of securing their early admission. Many of these have simply had to wait at home doing nothing as they have shown themselves unsuitable for attendance at an ordinary public school.

*General Statistics relating to  
Local Health Authority Services*

**I. CARE OF MOTHERS AND YOUNG CHILDREN (Section 22)**

**(1) Ante-natal and post-natal service**

	No. of clinics provided at end of year whether held at Child Welfare Clinics or other premises.
Local Health Authority Clinics :	
Ante-natal Clinics ....	NIL
Post-natal Clinics ....	NIL
Clinics provided by Voluntary Organisations :	
Ante-natal Clinics ....	NIL
Post-natal Clinics ....	NIL

**(2) Child Welfare Clinics**

	No. of clinics provided at end of year.
Local Health Authority Clinics	NIL
Clinics provided by Voluntary Organisations	NIL

**(3) Dental Care**

(1)	No. inspected by Dental Officers during the year. (2)	No. found to require treatment during the year. (3)	No. accepting treatment during the year. (4)	No. actually treated by Dental Officers during the year. (5)
Expectant Mothers	17	17	16	16
Nursing Mothers ....	—	—	—	—
Pre-school children	14	14	14	14

(4) **Mother and Baby Homes**—None provided

(5) **Day Nurseries (including 24-hour nurseries)** as at end of year—None provided

(6) **Residential Nurseries and Children's Homes** provided as part of the Authority's arrangements under Section 22 of the National Health Service (Scotland) Act, 1947—None provided

**II. MIDWIFERY (section 23)**

(i) Total no. of births occurring in the area during year—that is before correction for mother's residence :—

Live Births, 216 ; Still Births, 3 ..... Total 219

(ii) Total no. of births in (i) occurring in institutions (including private maternity homes) ..... 57

(iii) Total no. of births in (i) occurring at home ..... 162

(iv) No. of births in (iii) classified to show nature of attendance at birth :—



(1)	Cases dealt with under Section 23(2) of the National Health Service (Scotland) Act, 1947			Other domiciliary cases			Total (8)
	Doctor engaged and present at confinement (2)	Doctor engaged and not present at confinement (3)	Midwife alone (no doctor engaged) (4)	Doctor engaged (5)	Midwife alone (no doctor engaged) (6)	Without doctor or midwife (7)	
(a) Midwives employed by the Authority (including those engaged on a fee-per-case basis) ....	94	68	—	—	—	—	162
(b) Midwives employed by Voluntary Organisations ....	—	—	—	—	—	—	—
(c) Midwives employed by Hospital Boards of Management ....	—	—	—	—	—	—	—
(d) Private practising midwives ....	—	—	—	—	—	—	—
(e) Totals ..	94	68	—	—	—	—	162

(v) **Medical Aid under Section 22(1) of the Midwives (Scotland Act, 1915)**

No. of cases in which medical aid was summoned during the year under Section 22(1) of the Midwives (Scotland) Act, 1915, by a Midwife :—

(a) For Domiciliary Cases :—

- (i) Where the Medical Practitioner had arranged to provide maternity medical services under the National Health Service—Number ... .. NIL
- (ii) Others—Number ... .. NIL

(b) For Cases in Institutions ... .. NIL

(vi) **Administration of Analgesics**

(a) No. of midwives in practice in the area qualified to administer Analgesics in accordance with the requirements of the Central Midwives Board for Scotland :—

- (i) Domiciliary ... .. 7
- (ii) In Institutions ... .. NIL

(b) No. of domiciliary midwives who received their training during the year ... .. 2

(c) No. of sets of Apparatus for the administration of Analgesics in use at 31st December, 1949, by Domiciliary Midwives employed by the Authority, or employed by voluntary organisations in the Authority's area .... 6

(d) No. on order at 31st December, 1949 ... .. 2

(e) No. of cases in which Analgesics were administered by Midwives in domiciliary practice during the year .... 48

(f) No. of cars in use by midwives at 31st December, 1949 16

**III. HEALTH VISITING (Section 24)**

(1)	No. of Visits paid by Health Visitors during year										
	Expectant Mothers		Children under 1 year of age		Children between the ages of 1 and 5		Tuberculosis Cases		Other Cases		Total Visits Paid
	First Visits (2)	Total Visits (3)	First Visits (4)	Total Visits (5)	First Visits (6)	Total Visits (7)	First Visits (8)	Total Visits (9)	First Visits (10)	Total Visits (11)	
Health Visitors employed by the Authority ....	250	1576	224	2770	219	3225	17	1962	33	134	9667
Health Visitors employed by Voluntary Organisations	NIL		NIL		NIL		NIL		NIL		NIL

**IV. HOME NURSING (Section 25)**

(1)	No. of Cases attend- ed by Home Nurses under arrangements made under this Section (2)	No. of Visits paid by Nurses to these Cases (3)
Home Nurses employed directly by the Authority	1,070	22,676
Home Nurses employed by Voluntary Organisations ....	NIL	NIL

**V. DOMESTIC HELP (Section 28)**

(i) No. of Domestic Helps employed at end of year :—

- (a) Whole-time .... NIL
- (b) Part-time (have enrolled for service and are employed  
when required) .... 5
- (c) Retaining fee basis .... NIL
- (ii) No. of cases for which Helps were provided during year .... 4
- (iii) Average period of assistance .... days 18½

## CONTROL OF INFECTIOUS DISEASES.

The following table shows cases of infectious disease notified during the year 1949:—

Chicken Pox	...	...	...	...	...	—
Cerebro-Spinal Fever	...	...	...	...	...	1
Diphtheria	...	...	...	...	...	—
Dysentery	...	...	...	...	...	1
Encephalitis Lethargica	...	...	...	...	...	—
Enteric Fever	...	...	...	...	...	—
Erysipelas	...	...	...	...	...	2
Infectious Jaundice	...	...	...	...	...	—
Malaria	...	...	...	...	...	—
Ophthalmia Neonatorum	...	...	...	...	...	—
Acute Influenzal Pneumonia	...	...	...	...	...	—
Acute Primary Pneumonia	...	...	...	...	...	6
Acute Poliomyelitis	...	...	...	...	...	—
Puerperal Fever	...	...	...	...	...	—
Puerperal Pyrexia	...	...	...	...	...	—
Scarlet Fever	...	...	...	...	...	5
Pulmonary Tuberculosis	...	...	...	...	...	10
Non-Pulmonary Tuberculosis	...	...	...	...	...	10
						35

Of the total number of cases notified, twenty-one were treated in hospital, arrangements being made for the isolation and treatment of the other fourteen cases at home.

The year 1949 was even better than 1948 from the point of view of the occurrence of notifiable infectious disease in the County. Apart from cases of tuberculosis only fifteen cases of infectious disease were notified altogether, five of which were scarlet fever and six pneumonia.

### Diphtheria.

It is very gratifying to be able to report that not a single case of Diphtheria was notified during the year. Immunisation against this disease has continued as in previous years and the procedures adopted are described under an earlier section of this report.

### Scarlet Fever.

Five cases of Scarlet Fever were notified during the year—two from Helmsdale in January, one from Golspie in February, one from Bonar Bridge in September and one from Brora in November. Three of the cases were removed to hospital. The other two were isolated and treated at home. All were of a very mild type and, although school children in each case, fortunately they gave rise to no secondary cases except possibly one at Helmsdale.

### Cerebro-Spinal Meningitis.

One case of this disease, an infant of eight months, occurred in the Tongue district in December. The child was immediately removed to hospital where tests showed that it was a positive case of Cerebro-Spinal Meningitis. Under treatment he made a very good recovery and no other case was reported.

### Erysipelas.

Two cases of Erysipelas were notified during the year and treated at home where they made satisfactory recoveries.

### Dysentery.

One case of Dysentery, an infant of nine months, was reported from the Clyne district in January. The child was treated at home and made a satisfactory recovery.

### Acute Influenzal Pneumonia and Acute Primary Pneumonia.

None of the former occurred but all six of the latter were removed to hospital for treatment.

### Puerperal Fever and Puerperal Pyrexia.

I am glad to be able to report that no cases of either of the above conditions occurred in the County during the year.



**Ophthalmia Neonatorum.**

No cases reported.

**Non-notifiable Infectious Disease.**

Outbreaks of Whooping Cough occurred in the districts of Clyne, Tongue, Farr, Invershin and Altnaharra. At the latter district about the same time Mumps and Measles also made their appearance among school children. Cases of Mumps were prevalent at Helmsdale, Dornoch, Durness and Armadale. Cases of Influenza prior to the Christmas vacation were not much in evidence but after that became very prevalent. No schools were required to be closed during the year on account of infectious disease but when cases were reported from a district the Head Teachers were given full instructions regarding the exclusion of affected children and contacts.

**Venereal Disease.**

No new cases of Venereal Disease came to my notice during the year but one case reported in a previous year continued under treatment during 1949.

**TUBERCULOSIS.**

Ten notifications of Pulmonary Tuberculosis and ten of Non-Pulmonary Tuberculosis were received during the year and the following table shows the distribution of the cases in the different districts of the County—

Parish.					Pulmonary.	Non-Pulmonary.
Assynt	...	...	...	...	2	—
Clyne	...	...	...	...	5	6
Creich	...	...	...	...	—	—
Dornoch	...	...	...	...	1	2
Durness	...	...	...	...	—	—
Eddrachilles	...	...	...	...	1	—
Farr	...	...	...	...	1	—
Golspie	...	...	...	...	—	1
Kildonan	...	...	...	...	—	—
Lairg	...	...	...	...	—	—
Loth	...	...	...	...	—	—
Rogart	...	...	...	...	—	1
Tongue	...	...	...	...	—	—
Total	...	...	...	...	10	10

Of the cases notified the following received Institutional treatment:—

Pulmonary	...	...	...	10
Non-Pulmonary	...	...	...	2

The following patients notified during the year 1949 died within the year:—

Pulmonary	...	...	...	2
Non-Pulmonary	...	...	...	—

In the County at 31st December, 1949, there were known to the Public Health Authority 121 cases of Tuberculosis (all forms) and the following table shows the type, age, and sex distribution of the cases:—

**Pulmonary:—**

Age in years		-5	5-10	10-15	15-25	25-35	35-45	45-65	65	Total
Males	...	—	1	—	6	11	9	9	3	39
Females	...	—	2	—	12	10	5	5	1	35
Total	...	—	3	—	18	21	14	14	4	74

**Non-Pulmonary:—**

Males	...	—	7	5	4	4	2	2	1	25
Females	...	2	2	2	6	1	4	5	—	22
Total	...	2	9	7	10	5	6	7	1	47
Combined Total	...	2	12	7	28	26	20	21	5	121

## Treatment.

The following table shows the number of cases who received treatment in Sanatoria and Hospitals during the year:—

		In Hospital				In Hospital	
		1.1.49	Admitted	Discharged	Died	31.12.49	
Pulmonary:—							
Males	... ..	5	9	7	1	6	
Females	... ..	4	6	3	2	5	
Non-Pulmonary:—							
Males	... ..	1	10	10	—	1	
Females	... ..	2	15	16	1	—	
Total	... ..	12	40	36	4	12	

## Surgical Treatment—

During the year, Tuberculosis patients continued to benefit by the facilities provided by the Surgical Consultant Service. 34 consultations were obtained for Tuberculosis cases.

## Death Rate from Phthisis—

The number of deaths registered as due to Phthisis during the year 1949 was 7 showing a death rate of 0.49. The death rate from this disease during the past three decades is shown in the following table:—

Death		Death		Death	
Year	Rate	Year	Rate	Year	Rate
1920	1.12	1930	1.39	1940	0.77
1921	1.23	1931	0.88	1941	0.78
1922	1.75	1932	1.01	1942	0.65
1923	1.04	1933	0.57	1943	0.74
1924	1.4	1934	0.56	1944	0.22
1925	1.52	1935	1.14	1945	0.30
1926	0.64	1936	0.63	1946	0.79
1927	1.39	1937	0.58	1947	0.55
1928	0.74	1938	0.33	1948	0.14
1929	0.81	1939	0.46	1949	0.49
Average for		Average for		Average for	
Decade 1.16		Decade 0.75		Decade 0.53	

The Phthisis death rate for 1949 is less than the death rate from Phthisis in Scotland as a whole. The average for the decade ended 1949 is considerably less than the average for the decade ended 1939 and less than one half of the average death rate in the decade ended 1929.

## SCHOOL HEALTH

Annual Report on School Health Administration for Year ended  
31/7/49.

## General Statistics.

Number of Schools:—

Population of the area (estimated) ... ..	14,420
(a) Primary (under education authority) ... ..	24
(b) Secondary (under education authority)—Sen. Jun. ... ..	2
Jun. ... ..	9
(c) (i) Special Schools ... ..	—
(ii) Special classes in ordinary schools ... ..	—
(d) In receipt of grant from education authority and under medical inspection ... ..	—
Number of children on the Registers (i.e., for whole area—not individual schools) ... ..	2,150
Number of children in average attendance (i.e., for whole area—not individual schools) ... ..	2,050

TABLE 1

Total number of children examined at:—

Ordinary Schools:—

(A) Systematic Examinations (Age Groups)		(B) Other Systematic Examinations at Schools with Roll under 30 where all children are fully examined
Entrants ... ..	227	
Second Age Group ... ..	217	
Third Age Group ... ..	181	
Fourth Age Group ... ..	31	
Total	656	332

(C) Other Examinations—

Special Cases ... ..	61
Vision and Hearing (Born 1941) ... ..	127
Re-inspection by Medical Officer ... ..	169
Total	357

Number of individual children inspected at Systematic Examinations, who were notified to parents as requiring treatment (excluding uncleanliness and dental caries):—

Entrants ... ..	61
Second Age Group ... ..	27
Third Age Group ... ..	23
Fourth Age Group ... ..	2
Other Systematic Examinations ... ..	35
Total ... ..	148

### Notices to Special Cases—27

In addition to the above, children requiring special eye treatment were notified to the School Oculist and were as follows:—

Entrants	...	...	...	...	...	...	3
Second Age Group	...	...	...	...	...	...	21
Third Age Group	...	...	...	...	...	...	14
Fourth Age Group	...	...	...	...	...	...	1
Other Systematic Examinations	...	...	...	...	...	...	43
							<hr/> 82 <hr/>

Average HEIGHTS and WEIGHTS of children in systematic age groups weighed and measured during year 1948-49.

BOYS				GIRLS			
No. Exd.	Average Age	Height in Ins.	Weight in Lbs.	No. Exd.	Average Age	Height in Ins.	Weight in Lbs.
94	5 <sup>5</sup> / <sub>12</sub>	43.30	43.92	90	5 <sup>7</sup> / <sub>12</sub>	42.78	42.08
109	9 <sup>7</sup> / <sub>12</sub>	50.96	64.91	86	9 <sup>5</sup> / <sub>12</sub>	51.19	61.88
87	13 <sup>5</sup> / <sub>12</sub>	58.1	89.0	73	13 <sup>5</sup> / <sub>12</sub>	58.69	91.86

NOTE—The “ numbers examined ” in above table do not correspond with the figures given in the main statistical tables of the Annual Report on School Medical Inspection as it was not feasible to have all children in the age groups weighed and measured.

TABLE II

	Systematic Examination of Age Groups													Other Systematic Examinations
	Number Examined—656													
	Number Found with Defects													
	Entrants		2nd Age Group		3rd Age Group		4th Age Group		Total in Age Groups			All Other Ages		
115	112	121	96	98	83	17	14	351	305	174	158			
Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls			
No. %	No. %	No. %	No. %	No. %	No. %	No. %	No. %	No. %	No. %	No. %	No. %	No. %		
1. Clothing Unsatisfactory ...	1 .87	1 .89						1 .28	1 .32					
2. Footgear Unsatisfactory ...	1 .87							1 .28						
3. Uncleanliness—														
(a) Head ...	2 1.7	1 .82	2 2.0	1 1.0	1 1.2			2 .56	5 1.6	1 .57	1 .63			
(b) Body ...			1 1.0						1 .32	1 .57	2 1.2			
4. Skin—														
(a) Head—														
Ringworm ...	1 .87	1 .89						1 .28	1 .32					
Impetigo ...								3 .86		1 .57				
Other Diseases ...				2 2.0										
(b) Body—														
Ringworm ...												1 .63		
Impetigo ...			1 .82	1 1.0				2 .56	2 .64		2 1.2			
Scabies ...	2 1.7	2 1.7	2 1.6	1 1.0	1 1.2			3 .86	1 .32					
Other Diseases ...														
5. Nutritional State—														
Slightly Defective ...	2 1.7	2 1.7	1 .82	2 2.0	1 1.2			5 1.4	3 .98	3 1.7	1 .63			
Bad ...														
6. Mouth and Teeth Unhealthy	1 .87	3 2.6	1 .82	2 2.0	1 1.0	1 5.8		4 1.1	5 1.6	2 1.1	1 .63			
7. Naso-Pharynx—														
(a) Nose—														
Obstruction requiring														
Observation ...	1 8.9	1 .82	3 3.1	2 2.0				3 .86	3 .98	1 .57	2 1.2			
Obstruction requiring														
Operative Treatment	10 8.7	2 1.7	1 .82	1 1.0				10 2.8	2 .64	5 2.8	1 .63			
Other Conditions ...								1 .28	1 .32	4 2.3	1 .63			

TABLE II (cont.)

	Systematic Examination of Age Groups												Other Systematic Examinations	
	Number Examined—456													
	Number Found with Defects													
	Entrants		2nd Age Group		3rd Age Group		4th Age Group		Total n Age Groups		All Other Ages			
	115	112	121	96	98	83	17	14	351	305	174	158		
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls		
	No. %	No. %	No. %	No. %	No. %	No. %	No. %	No. %	No. %	No. %	No. %	No. %	No. %	
7. Naso-Pharynx—Contd.—														
(b) Throat—														
Tonsils requiring Ob-														
servation ...	3 2.6	7 6.2	5 4.1	2 2.0	5 5.1	2 2.4	1 5.8		14 3.9	11 3.6	9 5.1	12 7.6		
Operative Treatment	24 20.9	13 11.6	5 4.1	8 8.3	2 2.0	3 3.6			31 8.8	24 7.8	9 5.1	8 5.0		
(c) Glands—														
Requiring Observation	4 3.5	1 .89	4 3.3	5 5.2	2 2.0	5 6.0			10 2.8	11 3.6	2 1.1			
Requiring Operative														
Treatment ...	1 .87								1 .28					
8. Eyes—														
(a) External Disease—														
Blepharitis ...				1 1.0	1 1.0				1 .28	2 .64	1 .57			
Conjunctivitis ...										1 .32				
Corneal Opacities				1 1.0	1 1.0					1 .32				
Strabismus ...	2 1.7	2 1.7	1 .82						4 1.1	3 .98				
Other Diseases	1 .87	1 .87							1 .28		1 .57		.63	
(b) Visual Acuity—														
Fair ...			5 4.1	4 4.1	3 3.0	6 7.2			8 2.2	10 3.2	3 1.7	8 5.0		
Bad ...	3 2.6	2 1.7	11 9.0	11 11.4	7 7.1	11 13.2		1 7.1	21 6.9	25 8.1	10 5.7	13 8.2		
Recommended for Re-					5 5.									
fraction ...	2 1.7	1 .89	12 9.9	9 9.3		9 10.8		1 7.1	19 6.4	20 6.5	5 2.9	10 6.3		
9. Ears—														
(a) Diseases—														
Otorrhoea ...				1 1.0	1 1.0	1 1.2			1 .28	2 .64		1 .63		
Other Diseases														
(b) Defective Hearing—														
Grade I ...				1 1.0	1 1.0				1 .28	1 .32				
Grade II (a) ...														
Grade II (b) ...														
Grade III ...														
10. Speech—														
Defective Articulation	2 1.7	1 .89			2 2.0	1 1.2			4 1.1	1 .32		1 .63		
Stammering			1 .82		1 1.0				2 .56	1 .32				

TABLE II (cont.)

	Systematic Examination of Age Groups													Other Systematic Examinations	
	Number Examined—666														
	Number Found with Defects														
	Entrants		2nd Age Group		3rd Age Group		4th Age Group		Total in Age Groups				All Other Ages		
	115	112	121	96	98	83	17	14	351	305	174	158			
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls			
	No. %	No. %	No. %	No. %	No. %	No. %	No. %	No. %	No. %	No. %	No. %	No. %	No. %		
11. Mental and Nervous Con- dition—															
(a) Backward (due to ex- trinsic cause) ...	2 1.7	2 1.7							2 .56	2 .64					
(b) Dull Intrinsicly ...	2 1.7	2 1.7	2 1.6	1 1.0	1 1.0				5 1.4	3 .98	4 2.3	1 .63			
(c) Mentally Defective (educable) ...	1 .87								1 .56						
(d) Mentally Defective (uneducable) ...															
(e) Highly Nervous or Unstable ...	1 .78								1 .28						
(f) Difficult in Behaviour															
12. Circulation System—															
(a) Organic Heart Disease	2 1.7	1 1.8	1 .82		1 1.0				3 .86	1 .32	1 .57	1 .63			
—Congenital ...			1 .82						1 .28			1 .63			
Acquired ...									1 .28						
(b) Functional Conditions															
13. Lungs—															
Chronic Bronchitis ...		1 .89	1 .82		1 1.0		1 11.7		4 1.1	1 .32	1 .57				
Suspected Tuberculosis ...		3 2.6		3 3.1	2 2.0		1 5.8		4 1.1	6 1.9	1 .57				
Other Diseases ...	1 .87														
14. Deformities—															
(a) Congenital ...					1 1.0	3 3.6			1 .28	3 .98	3 1.7	1 .63			
(b) Acquired Infantile Paralysis ...															
(c) Acquired Probably Rickets ...			1 .82	1 1.0		2 2.4			1 .28	3 .98					
(d) Acquired Other Causes															
15. Infectious Disease ...	1 .87	1 .80	1 .82						2 .56	1 .32					
16. Other Diseases or Defects	1 .87	2 1.7	2 1.6	2 2.0	1 1.0	2 2.4			4 1.1	6 1.9	3 1.7	1 .63			



TABLE II (a)

	Examination—Vision and Hearing (Children Born 1941)		Examination of Special Cases		
	Number Examined—127		Number Examined—61		
	Boys	Girls	Boys	Girls	Total
	56	71	32	29	61
CONDITION	No.	No.	No.	No.	No.
	50	58	12	10	22
No Defect Found	....	....	1	2	3
Uncleanliness	....	....	—	—	—
Impetigo	....	....	1	—	1
Scabies	....	....	—	—	—
Slightly Defective Nutrition	....	....	2	2	4
Adenoids	....	....	—	1	1
Enlarged Tonsils (Observation)	....	....	2	4	6
Enlarged Tonsils (Operation)	....	....	1	—	1
Glands (requiring observation)	....	....	—	—	—
Eyes—	....	....	—	—	—
Blepharitis	....	....	—	1	1
Defective Vision—Fair	....	....	—	1	1
Bad	....	....	3	4	7
Recommended for Refraction	....	....	3	4	7
Defective Hearing	....	....	—	—	—
Otorrhoea	....	....	—	—	—
Defective Speech	....	....	2	1	2
Cardiac Defect	....	....	2	—	2
Mentally Defective	....	....	2	1	3
Lungs (other diseases)	....	....	—	—	—
Abdominal Tuberculosis	....	....	1	—	1
Deformities	....	....	—	—	—
Infectious Diseases	....	....	—	—	—
Other Diseases or Defects	....	....	3	2	5

TABLE III

Group Classification	Systematic Examination of Age Groups										Other System- atic Exams. at Schools where all children are examined	
	Entrants		2nd Age Group		3rd Age Group		4th Age Group		Total in Age Groups			
	No.	%	No.	%	No.	%	No.	%	No.	%		
I. (a) No. Defect ....	151	66.5	148	68.2	128	70.7	25	80.6	452	68.9	224	67.5
II. (a) 6/12 + (Better Eye) with or without glasses ....	2	.9	17	7.8	14	7.8	1	3.2	34	5.1	24	7.2
(b) Mouth or teeth likely to cause ill- health ....	3	1.3	1	.5	—	—	—	—	4	.7	2	.6
(c) Both (a) and (b) ....	—	—	—	—	—	—	—	—	—	—	1	.3
Total	5	2.2	18	8.3	14	7.8	1	3.2	38	5.8	27	8.1
III. Temporary Illness only	19	8.4	16	7.4	13	7.2	2	6.5	50	7.6	31	9.3
IV. (a) Cure expected by treatment ....	46	20.3	28	12.9	18	9.9	1	3.2	93	14.2	38	11.5
(b) Improvement only by treatment ....	6	1.6	7	3.2	8	4.4	2	6.5	23	3.5	12	3.6
Total	52	22.9	35	16.1	26	14.3	3	9.7	116	17.7	50	15.1
Total number of children examined ....	227	100	217	100	181	100	31	100	656	100	332	100

TABLE IV

## Return of Exceptional Children of School Age in the Area

						At Ordinary Schools	At Special Schools or Classes	At no School or Institution	Total
1.	Blind	...	...	...	...	—	—	—	—
2.	Partially Sighted—								
	(a)	Refractive errors in which the curricu- lum of an ordinary school would adversely affect the eye condition	...			—	—	—	—
	(b)	Other conditions of the eye, e.g., cataract, ulceration, etc. which render the child unable to read ordinary school books or to see well enough to be taught in ordinary school	...			—	—	—	—
3.	Deaf—								
	Grade I	...	...	...	...	4	—	—	4
	Grade IIa	...	...	...	...	1	—	—	1
	Grade IIb	...	...	...	...	—	—	—	—
	Grade III	...	...	...	...	—	3	—	3
4.	Defective Speech—								
	(a)	Defects of articulation requiring special educational measures	...			6	—	—	6
	(b)	Stammering requiring special educa- tional measures	...	...	...	4	—	—	4
5.	Mentally Defective—								
	(Children between 5 and 16 years)								
	(a)	Educable (I.Q. approx. 50-70)	...			12	2	2	16
	(b)	Ineducable (I.Q. generally less than 50)	...	...	...	2	2	6	10
6.	Epilepsy—								
	(a)	Mild and occasional	...	...	...	1	—	—	1
	(b)	Severe (suitable for care in a resi- dential school)	...	...	...	1	1	—	2
7.	Physically Defective—								
	(Children between 5 and 16 years)								
	(a)	Non-pulmonary tuberculosis (excluding cervical glands)	...	...		2	1	—	3
	(b)	General Orthopaedic condition	...			15	1	1	17
	(c)	Organic Heart Disease	...	...		4	1	1	6
	(d)	Other causes of ill-health	...	...		3	1	—	4
8.	Multiple Defects—								
	(a)	3 and 7(c)	...	...	...	—	1	—	1
	(b)	4(a) and 5(b)	...	...	...	1	—	1	2
	(c)	5(a) and 7(b)	...	...	...	—	—	1	1
	(d)	5(a) and 7(c)	...	...	...	—	—	1	1
	(e)	5(a) and 7(d)	...	...	...	1	1	—	2

*Medical Treatment of School Children.*

**A. Minor Ailments**

These are attended to by the District Nurses under the supervision of the child's Family Doctor.

The following table shows the work done by the District Nurses in the various districts during the year. Column 1 and 2 show routine visits paid by nurses to the schools for the purpose of School Medical Inspection. Column 3 shows visits paid to the homes of children for purpose of follow-up and treatment.

	Number of visits paid to Schools with S.M.O. or Dentist	Number of visits paid to Schools by Nurses themselves	Number of visits paid to homes of School Children
Bettyhill ... ..	14	40	25
Clyne ... ..	19	33	85
Creich ... ..	20	77	79
Dornoch and Embo ...	43	32	122
Durness ... ..	5	22	46
Eddrachilles ... ..	18	54	47
Golspie ... ..	51	22	124
Kildonan and Loth ...	23	33	25
Lairg ... ..	30	15	47
Lochinver ... ..	8	30	112
Melvich ... ..	14	38	26
Rogart ... ..	6	34	55
Stoer ... ..	8	20	38
Tongue ... ..	10	50	38
Headquarters ... ..	6	72	50
	275	572	919

**B. Nose and Throat (Operative Treatment)**

	Boys	Girls	Total
(a) Enlarged Tonsils and Adenoids			
Treated under the Education Com- mittee's Scheme at the Lawson Memo- rial Hospital, Golspie ... ..	45	42	87
Treated otherwise (so far as known) ...	1	—	1
(b) Complicated cases for whom con- sultation or in-patient treatment was arranged with the E.N.T. Surgeon, Inverness—			
Consultations ... ..	4	1	5
Admissions to Hospital ... ..	3	1	4
Re-admission to Hospital ... ..	1	—	1

**C. Orthopaedic and Postural Defects.**

Cases can be seen by the Orthopaedic Surgeon at the Lawson Memorial Hospital, Golspie, during routine visits or as required at Raigmore Hospital, Inverness, or in special circumstances at their homes.

The following school children received consultation or treatment during the year:—

	Boys	Girls	Total
Admitted Lawson Memorial Hospital, Golspie	—	1	1
Admitted Raigmore Hospital, Inverness ...	1	2	3
Admitted Other Orthopaedic Hospitals ...	3	1	4
Consultations at Lawson Memorial Hospital and treated as out-patients ... ..	5	6	11

## D. Defective Vision and Squint

## Ophthalmologist's Report

During the year 1948-49, 83 children were examined and glasses were prescribed in 59 of these cases. The following table gives the analysis of the diseases of the eye and errors of refraction treated.

Diseases of the Eye	Boys	Girls	Total
Blepharitis ... ..	4	1	5
Internal Strabismus ... ..	3	—	3
External Strabismus ... ..	—	1	1
Phlyctenular Keratitis ... ..	2	—	2
Choroiditis ... ..	—	1	1
<b>Errors of Refraction</b>			
Hypermetropia ... ..	4	1	5
Hypermeropic Astigmatism ... ..	5	3	8
Compound Hypermetropic Astigmatism	2	1	3
Myopia ... ..	9	10	19
Myopic Astigmatism ... ..	8	8	16
Compound Myopic Astigmatism ... ..	2	9	11
Mixed Astigmatism ... ..	2	2	4
Glasses Prescribed ... ..	23	36	59
Insignificant Refractive Error or no Refractive Error ... ..	12	5	17

NOTE.—Apart from the above it is known that certain school children received treatment by private arrangement, but the number is unknown.

## E. Special Schools and Classes

The great need of facilities for handicapped children has been referred to in a previous section of this report, particularly as regards mental defectives. Four mentally defective children are at present on the waiting list for admission to special schools, one of them has been waiting fully five years.

During the year it was found possible to secure accommodation for one cripple child at Trefoil School. Three deaf and dumb children are at present being educated at the Donaldson Hospital for the Deaf, Edinburgh, and there are two mentally defective children in Institutions.

## F. Feeding of School Children.

The very excellent work in connection with the organising and maintaining the school canteens was carried on during the year under the able direction of Miss Morrison and the following schools were added to the list: Farr, Lochinver. Invershin, Gardonbush and Skerryay have meals supplied daily from the nearest canteen. There is, in my opinion, no more excellent service provided to maintain the good health of school children than the school canteen. All of the children I have come in contact with appear to enjoy the meal tremendously and parents I think are the first to recognise that children who have been difficult to feed at home no longer show the tendency to be capricious and refuse articles of plain diet.

In addition to the benefits conferred on school children by the provision of the actual meal, it gives the School Teacher an ideal opportunity for showing children the importance of clean food, clean hands, a balanced diet and what good table manners ought to be.

The milk in schools scheme has continued to operate as previously but I am glad to report that all milk supplied to the school children is now from "tuberculin tested" herds, or, where such milk is not obtainable locally, National Dried Milk is provided.

SCHOOL DENTAL SERVICE.

1947-48

(a)	Total number of whole-time School Dental Officers employed under the Authority's school health services, showing separately unfilled vacancies, at 31st July, 1948	...	...	...	...	1
(b)	Total number of part-time Dentists employed on school dental work at 31st July, 1948	...	...	...	...	—
(c)	Approximate equivalent as whole-time School Dental Officers of the part-time appointments referred to in (b) above, if any	...				—
(d)	Total number at 31/12/48—					
(1)	Whole-time Dental Officers	...	...	...	...	1
(2)	Part-time Dental Officers	...	...	...	...	—
(3)	Unfilled Vacancies	...	...	...	...	—

ANNUAL REPORT BY SCHOOL DENTAL SURGEON FOR 1948-49

During the year I have again twice inspected and treated all school children who accepted. The following tables show the work done.

The number of teeth preserved by filling is steadily improving. Six children of pre-school age were treatd.

(Sgd.) C. C. FORSYTH,  
School Dental Surgeon.

(a)	The number of half-days devoted to inspection	...	...	75
(b)	The number of half-days devoted to treatment	...	...	203
(c)	The number of children treated under private arrangement	Not known		



DENTAL INSPECTION AND TREATMENT, 1948-49

Age	5	6	7	8	9	10	11	12	13	14	15	16	17	18	Total
Inspected ... ..	193	219	200	208	183	200	190	169	181	151	57	34	16	11	2002
With Caries ... ..	106	112	100	121	99	101	97	89	81	81	28	15	11	6	1047
For Treatment ... ..	99	104	89	114	97	97	92	87	81	81	28	15	11	6	1001
Accepting Treatment ... ..	77	82	70	93	77	70	62	54	53	45	14	9	6	3	715
Treated ... ..	73	79	70	83	76	65	58	48	48	39	14	9	4	3	669
Fillings Permanent ... ..	—	14	21	74	93	65	80	81	98	66	37	14	16	6	665
Fillings Temporary ... ..	42	39	59	34	18	3	—	—	—	—	—	—	—	—	195
Extractions Permanent ... ..	—	10	8	14	15	55	28	14	8	13	2	2	1	—	170
Extractions Temporary ... ..	184	149	100	84	72	43	23	7	1	3	—	—	—	—	668
General Anaesthetics ... ..	51	40	28	28	21	24	11	7	5	6	1	1	1	—	218
Sundries ... ..	—	3	2	7	7	7	23	25	35	15	12	5	—	—	141
Attendances ... ..	76	79	72	88	77	65	67	51	67	44	23	11	9	4	733
Extractions Gen. Anaesthetics ... ..	180	139	92	75	60	77	41	19	7	13	1	2	1	—	715
Extractions Local Anaesthetics ... ..	4	20	16	23	27	21	10	4	2	3	1	—	—	—	131

Inspection Sessions 43  
Treatment Sessions 113



# DENTAL RE-INSPECTION AND FOLLOW-UP TREATMENT, 1948-49

Age ... ..	5	6	7	8	9	10	11	12	13	14	15	16	17	18	Total
Inspected ... ..	185	184	198	185	191	192	182	180	193	146	65	35	23	9	1968
With Caries ... ..	96	84	97	90	82	89	72	74	92	58	36	20	13	6	909
For Treatment ... ..	94	82	90	85	68	84	72	71	92	58	36	20	13	6	871
Accepting Treatment ... ..	59	54	67	61	43	42	43	38	47	30	15	8	8	2	517
Treated ... ..	57	51	60	53	43	41	41	37	44	28	15	7	8	2	487
Fillings Permanent ... ..	—	11	31	55	51	40	39	82	98	71	27	9	11	4	519
Fillings Temporary ... ..	32	23	23	15	14	3	7	—	—	—	—	—	—	—	118
Extractions Permanent ... ..	—	—	4	9	4	15	26	3	7	5	4	—	2	—	79
Extractions Temporary ... ..	117	75	93	58	22	30	26	9	1	1	—	—	—	—	432
General Anaesthetics ... ..	36	23	23	16	10	10	12	4	3	1	1	—	2	—	141
Sundries ... ..	—	4	2	—	5	6	1	17	13	10	6	5	1	—	70
Attendances ... ..	57	51	60	54	45	44	41	45	54	34	18	7	9	2	521
Extractions Gen. Anaesthetics	113	70	88	56	20	40	43	9	4	3	2	—	2	—	450
Extractions Local Anaesthetics ... ..	4	5	9	11	6	5	9	3	4	3	2	—	—	—	61

Inspection Sessions .... 32  
Treatment Sessions .... 90

## PUBLIC HEALTH AND SANITARY SERVICES

Annual Report by E. W. Brannen, L.R.I.B.A., F.R.I.A.S. and  
M.R.San.I., County Architect and Sanitary Inspector.

Gentlemen,

I have the honour of submitting my Twentieth Annual Report as County Sanitary Inspector, for the year ending 31st December, 1949.

### GENERAL SANITATION

In my last Annual Report I expressed a hope that the new Water Supplies at Helmsdale, Loth and Melness would be commenced at an early date as the labour force available was steadily growing. Unfortunately work at the Helmsdale Supply commenced at the end of the year and most of the local labour had previously been engaged in Hydro Electric Extension to Helmsdale. Under these circumstances it will be difficult to avoid further delay on this Contract. Tenders are invited for Loth and Melness Supplies.

The existing Water Supplies throughout the County were maintained in good order. Shortages of water occurred at Dalchalm, Brora, where the main pipes are corroded. As these pipes have been scraped twice a renewal of this section is now overdue. In order to provide water I suggested an additional connection be made to the 6in. diameter main from Reservoir, the existing connection is from a 3in. diameter pipe which must be corroded to a certain extent.

Embo Village Water Supply—the main pipe here was corroded and with the additional houses being supplied the pressure was very low. This 3in. diameter main pipe has been scraped and the pressure increased by 25lbs. per sq. inch. There is now ample water for this Village.

### SCAVENGING

Helmsdale, Brora, Golspie, Lairg and Bonar Bridge have efficient services. The work in all cases is executed by private contractors and the carrying out of this service with unfailing regularity is highly commendable.

### SPECIAL DRAINAGE SYSTEMS

The existing systems continue to be satisfactory but I have again to stress the urgent need for the Villages of Lairg and Bonar Bridge to adopt a proper Sewage Scheme.

Both these Villages are ideally situated with easy access for sewage outfalls, it would present no engineering difficulties. If we are to safeguard the health of these communities it is essential, in my opinion, to have a good Water Supply, good Sewage System and good Housing. With these amenities Highland Villages will prosper and encourage the return of our kith and kin to stimulate whatever projects are envisaged for the re-habilitation of this County.

### HOUSING

The progress of housing cannot be satisfactory until the needs of every applicant has been met. Efforts are being made to accomplish this end but the difficulties are many and varied. As the official responsible for housing I find myself engaged in many conflicts, with Suppliers of materials, with Tradesmen and on occasions even with my own Bosses. I can assure you, however, that I realise good healthy criticism is a stimulant and every effort must be made to meet the needs of these unfortunate people who are still looking for a house. What are the facts of 1949? Houses completed are as follows:—

Golspie	...	...	20	...	4 apt.	Traditional Houses
Brora	...	...	20	...	do.	do. do.
Melvich	...	...	6	...	do.	Cruden Houses
Bettyhill	...	...	2	...	do.	do. do.
Tongue	...	...	2	...	do.	do. do.
Durness	...	...	4	...	do.	do. do.
Badcall Inchar'd	...	...	2	...	do.	do. do.
Lairg	...	...	8	...	do.	Swedish Houses
Bonar Bridge	...	...	8	...	do.	do. do.
Helmsdale	...	...	8	...	do.	do. do.

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Total    80

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In addition 8 Swedish Houses are completed at Embo and if the drainage system was completed could be occupied.

**SCHOOLS**

The work of improvement in buildings continues.

**MILK**

The number of registered dairies in the County at 31st December, 1949, was 26.

The number of samples taken during the year was as follows:—

1. Designated Milk ... ..	59
2. Ordinary Milk ... ..	183
3. School Milk ... ..	112

The conditions existing at some of the Producers' premises leaves much to be desired and quite a few do not comply with the County Dairy Bye-laws. These, in my opinion, are very stringent and to enforce compliance in all respects would entail revoking a number of existing registrations. This would be a retrograde step and so long as a Producer is registered we have a measure of control over him.

A number of registered producers have an attested herd but do not hold a licence under the Milk (Special Designation) Order (Scotland), 1936, and every effort is being made to encourage these people to bring their premises into conformity with the regulations. All are Tenant Farmers and the stumbling block seems to be the high cost of repairs coupled with the fact that the Owners will not assist in any way and in some instances discourage their Tenants from making improvements even at their own expense.

**MEAT****Slaughterhouse**

The cleanliness of the Slaughterhouse in Dornoch is maintained at a high standard and the meat is handled as well and carefully as the limited space permits. The method of transport is still by open lorry with a tarpaulin cover and leaves much to be desired.

**Number of Animals Slaughtered in 1949**

Class	Slaughtered	Wholly Weight (in lbs.) of Condemned		
		Condemned	Meat	Offal
Cattle ...	608	21	9616	4126
Sheep ...	3109	6	439	678½
Calves ...	142	2	70	28
Pigs ..	6	—	—	—
Total	3865	29	10,125	4,832½

Other foods examined and found to be unfit for human consumption throughout the County were as follows:—

57 Tins Evaporated Milk ... 49 lbs.	3 Tins Mixed Vegetables 3 lbs.
1 „ Grape Fruit ... 2 „	2 „ Plums ... 2 „
6 „ Vegetable Soup ... 6 „	5 „ Minced Beef Loaf 3½ „
1 „ Stewed Steak ... 1 „	2 „ Jam ... 3 „
8 „ Peas ... 14½ „	30 Boxes Camembert Cheese
5 „ Peach Jam ... 7½ „	23 Jars Beetroot ... 23 „
2 „ Grape Fruit Juice ... 3½ „	Butter ... 14½ „
3 „ Pilchards ... 1½ „	Bacon ... 16½ „
Figs ... 12 „	Cheese ... 2½ „
2 „ Apples ... 12 „	Foultry—10 hens ... 35 „
7 „ Grapes ... 17½ „	
2 „ Marmalade ... 14 „	

Shops and other premises from which foodstuffs are sold were kept under constant supervision.

**SALE OF FOOD AND DRUGS (Adulteration) ACT, 1938**

Samples taken under the above Act were found to be genuine with the exception of 4 samples of Sweet Milk which showed a slight deficiency in non-fatty-solids.

**INFECTIOUS DISEASES**

As in former years disinfection of premises was carried out on instructions received from the Medical Officer of Health.

Signed E. W. BRANNEN  
County Sanitary Inspector.

DORNOCH,  
13th May, 1950.







